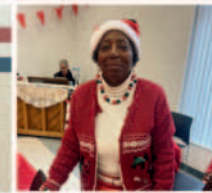


Primeplus

SENIOR CENTERS

Cheers to a New Year

**KICK OFF THE NEW YEAR WITH FITNESS, FUN, & FRIENDSHIP
WHERE EVERY STEP BRINGS YOU CLOSER TO A HEALTHIER, HAPPIER YOU!**



OUR MISSION

Primeplus is committed to delivering high-quality care and services that support seniors in maintaining their health, independence, and overall well-being, enabling them to live and thrive within their communities.

7545 DIVEN STREET NORFOLK, VA 23505 | (757) 625-5857 | WWW.PRIMEPLUS.ORG

02 JANUARY - FEBRUARY 2026

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COMPANION/ACTIVITY ASST.

Adriane Taylor

SENIOR CENTER ATTENDANT

Annie Marshall

ENVIRONMENTAL SERVICES

Randy Morgan

MESSAGE FROM OUR EXECUTIVE DIRECTOR

What a year! It feels like everything is changing, and nothing stays the same, and Primeplus is no exception. After 20 wonderful years at the Norfolk Fitness & Wellness Center, our main office moved to our new home in May. We knew people had strong opinions before the move, and for those who haven't visited us yet, those opinions may not have changed. But for those who have come, the message is clear: they love it, and so do I.

Change has become a commonplace in all our lives today. 2026 will provide opportunities for us to step up to the changes and create a new path for us and others. As the older population expands we provide the opportunity to lend a helping hand for others in being the solution to many of the challenges of the time. Step up to the new challenges and be part of the new beginnings at Primeplus Senior Centers.

For more than half a century, Primeplus has stood as a beacon of hope and support for older adults, creating a welcoming environment where seniors not only live longer, but live better. Every service we provide strengthens the continuum of care that allows our community to thrive:

- Our Adult Day Services give low to moderate income seniors living with dementia the ability to remain safe in their homes, surrounded by love and dignity.
- Our Curbside Food Pantry fights hunger head-on, ensuring that no senior has to choose between groceries and medicine.
- Our Senior Center foster's purpose, connection, and joy, helping participants experience a higher sense of well-being and belonging than those who go without.

Yet, as the senior population grows at an unprecedented rate, so too does the demand for our services. The need has never been greater, and our mission has never been more urgent. Primeplus is not just a center, it's a lifeline. And with your support, we can continue to serve, uplift, and empower every senior who walks through our doors. Even though current federal funding has created opportunities and challenges in the non-profit delivery systems. Primeplus remains committed to delivering high-quality care and services that support seniors in maintaining their health, independence, and overall well-being, enabling them to live and thrive within their communities.

As we look toward the future, we invite you to continue as a proud supporter and member of Primeplus and experience the true Spirit of Primeplus for yourself. The number of older adults in our community is growing rapidly, and with that growth comes a greater need for the essential programs and compassionate services we provide every day. Primeplus will continue to be a safe place to belong, to learn, and to thrive. Together, we can make sure no one is left behind.



If road conditions are poor, our parking lot could be hazardous. Before making the trip, check local TV channels for closings, our facebook page, and your email for updates. If the City of Norfolk's Parks & Recreation facilities are closed, Primeplus is also closed. In the event we're open, please be aware that some classes may be canceled, especially if instructors are unable to make it.

Primeplus Senior Center will be closed on the following days:

Monday, January 19 - Martin Luther King Jr. Day

Friday, February 13 - NPR Valentine's Event & Senior Advocate Event

Monday, February 16 - Presidents' Day

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04 PRIMEPLUS ONGOING FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM Step to the Beat: Walking Club with Tunes	8:00 AM Step to the Beat: Walking Club with Tunes	8:00 AM ChairOne Suzanne Art of Stretching Shawn - 8:15 am	8:00 AM Step to the Beat: Walking Club with Tunes	8:00 AM Step to the Beat: Walking Club with Tunes
9:00 AM ChairOne Cristeta Boot Camp Chelsea	9:00 AM Coffee & Chat *NEW* Pilates Fere Zumba Gold Sheina Essentrics Peggy	9:00 AM Fitness Fundamentals Fere Abs, Abs, Abs Angie Folk Dancing Alice	9:00 AM Coffee & Music Steve Kolb Zumba Gold Sheina Balance & Agility Fere	9:00 AM Ball Stability Fere
10:00 AM Gentle Yoga Amy Seated n' Strength Chelsea Stretch, Flex & Tone Fere	10:00 AM Balance & Agility Angie Stretch, Flex & Tone I Sheina Stretch, Flex & Tone II Fere	10:00 AM Balance & Agility Fere Seated n' Strength Chelsea Gentle Yoga Angie Line Dancing Alice	10:00 AM Stretch, Flex & Tone I Sheina Pilates Fere Sit n'Get Fit Chelsea	10:00 AM Seated n' Strength Fere Barre Richelle
11:00 AM Zumba Amy Core on the Floor Fere Chair Dance Fit Richelle	11:00 AM Too Fit Too Quit Fere Chair Aerobics Cristeta Yin Yoga Angie	11:00 AM Too Fit Too Quit Richelle Chair Yoga -11:15 Angie	11:00 AM Too Fit Too Quit Fere Essenrics Peggy	11:00 AM BYOB Circuit Training *NEW* Fere Pilates Richelle Chair Yoga Shawn
12:00 PM Vintage Heat Aerobics Suzanne Tai Chi Open Studio Tidewater Tai Chi Bingocize Sentara	12:00 PM Vintage Heat Aerobics Suzanne Beginning Tai Chi Tidewater Tai Chi	12:00 PM Boot Camp Chelsea Bingocize Sentara POP UP Classes Visit Membership Desk for more details	12:00 PM Vintage Heat Aerobics Suzanne	12:00 PM Closed
1:00 PM Seated n' Strength Suzanne	1:00 PM Intermediate Tai Chi Tidewater Tai Chi	1:00 PM	1:00 PM	



Please note that classes are subject to change. To receive the latest updates, we encourage you to register for the class and provide your email address to the Membership Office.

Primeplus SENIOR CENTERS

ADVISORY COUNCIL MEETING

Stay informed and keep up on all the new happenings at Primeplus

**FRIDAY, JAN. 23, 2026
9:30 A.M.**

Our Agenda

- Discussion of upcoming initiatives or special events at Primeplus
- Review of current issues or concerns
- Q&A Session



ALL PRIMEPLUS MEMBERS ARE INVITED TO ATTEND. CALL 757.625.5857 X104 FOR MORE DETAILS

Confused about your Medicare Options?

Part A, Part B, Part C and Part D? What about Plan G?

3rd Tuesday of each Month at Noon

- 1) Are you just turning 65 & you don't know what to do?
- 2) Are you over 65, & you put off the decision, because you didn't know what to do?
- 3) Was it so confusing that you just about gave up?
- 4) Was it so much to think about that you just did nothing?



If you answered "YES" to any of the above questions, then you need to come to this educational event.

Join Bradford S. Klavan, of Insurance Advisors, LLC, an independent insurance agent, licensed in the Commonwealth of Virginia. He will be here to lead the seminar and available to answer your general questions

Call 757.625.5857 for more details!

For accommodations of persons with special needs at meetings call 757-625-5857 TTY 711

FREE & OPEN TO THE PUBLIC

Primeplus SENIOR CENTERS

COFFEE & CHAT

TUESDAYS

9:00 AM - 10:00 AM

THURSDAYS

WITH STEVE KOLB ON THE PIANO

9:00 AM - 10:00 AM



Welcome Back and Happy New Year Everyone! We hope you all had a wonderful holiday season celebrating with friends and family. We have a lot of exciting things happening this year. It's a new beginning so let's have some fun in 2026!

Primeplus Open House - January 14th & January 21st

Bring a friend or family member to spend the day at Primeplus! Take them to classes, introduce them to our members and staff, and show them what makes Primeplus so special. Don't miss our Pop-Up Line Dancing class with Sheina. Plus, join us for an Ice Cream Social on January 21 at 11:45 am, sponsored by Villages of Rosemont, for all members and their guests.

Show Us Your Primeplus Spirit on Spirit Days!

Monday 1/26 – Team Spirit Day – Show off your favorite sports team.

Tuesday 1/27 – Primeplus Pride - Wear your favorite Primeplus T-shirt.

Wednesday 1/28 – Purple Power Day - Wear your best purple!

Thursday 1/29 – Go Green Day - Wear your favorite green shirt.

Monday 2/9 – Primeplus Pride (Round 2!) - Primeplus shirt day.

Tuesday 2/10 – Heart & Love Day - Heart-themed shirts, pants, hats, jewelry, and more.

Wednesday 2/11 – Think Pink Day - Wear pink clothing or accessories.

Thursday 2/12 – Red Day - Show off your red shirts!

Thursday 2/26 – Quote & Saying Day - Wear a T-shirt with your favorite quote or saying.

Visit our resource table in the lobby on the following dates:

Tuesday 1/13 – National Vascular

Tuesday 1/20 – Carolyn Family Services

Thursday 1/29 – Norfolk Master Gardeners

Thursday 1/15 - Bank On

Tuesday 2/17 - WHRO

Tuesday 2/24 - Sentara

06 PRIMEPLUS CLUBS & GROUPS SCHEDULE

MONDAY

9:00 - 2:00 pm - Billiards, Ping Pong & More

10:00 - 2:00 pm - Bridge Open Play

10:00 - 2:00 pm - Mexican Train Open Play

TUESDAY

9:00 - 10:00 am - Coffee & Chat

9:00 - 2:00 pm - Billiards, Ping Pong & More

10:00 - 2:00 pm - Diabetes Prevention Group

10:00 - 2:00 pm - Mexican Train Open Play



WEDNESDAY

9:00 - 2:00 pm - Billiards, Ping Pong & More

9:00 - 12:00 pm - Smart Money Club (2nd Wed)

10:00 - 2:00 pm - Mah Jongg

10:00 - 2:00 pm - Mexican Train Open Play



THURSDAY

9:00 - 10:00 am. - Coffee & Music w/ Steve

9:00 - 2:00 pm - Billiards, Ping Pong & More

10:00 - 2:00 p.m. - Open Bridge Play

10:00 - 2:00 p.m. - Mexican Train

FRIDAY

9:00 - 12:00 p.m. - Open Bridge Play

9:00 - 12:00 pm - Billiards, Ping Pong & More

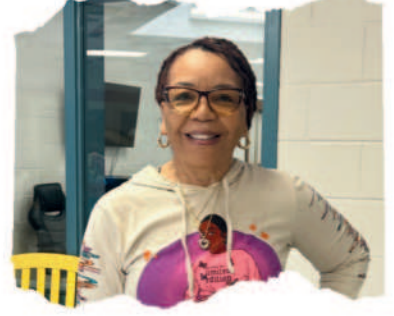
9:00 - 12:00 p.m. - Mexican Train Open Play



AGE GRACEFULLY, LIVE ACTIVELY: FITNESS PROGRAMS CRAFTED FOR YOU!



Staying active as we age is key to boosting energy, improving balance, reducing stress, and maintaining independence. Programs like SilverSneakers, Renew Active, and Silver & Fit are specifically designed for seniors, and Primeplus proudly accepts all three! Members can enjoy free group fitness classes tailored to various fitness levels and abilities.

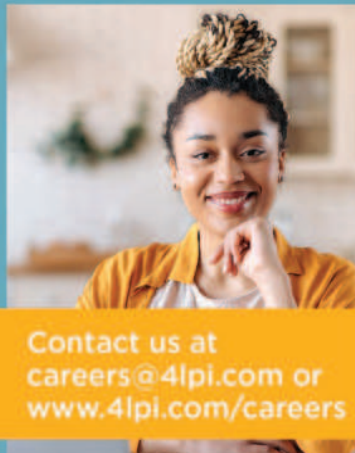


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14-1886

08 EXERCISE CLASSES

WHICH CLASS IS RIGHT FOR YOU?

STRETCH, FLEX & TONE

SEATED N' STRENGTH

SIT N' GET FIT

Daily

The key to an effective chair workout is using exercises that engage multiple muscle groups while staying seated.

CHAIR YOGA

Wednesdays & Fridays

A gentle, seated yoga practice that improves flexibility, balance, and relaxation, perfect for all levels.

CHAIRONE

CHAIR AEROBICS

CHAIR DANCE FIT

Mondays, Tuesdays & Wednesdays

A fun, chair-based dance fitness program that blends daily activities into every move.

ESSENTRICS

Tuesdays & Thursdays

A low-impact, full-body workout that combines stretching and strengthening to improve mobility, posture, and flexibility.

BALANCE & AGILITY

Tuesday - Thursday

A focused class to improve stability, coordination, and confidence through balance and agility exercises.

FITNESS FUNDAMENTALS

Wednesdays

A beginner friendly class focused on building strength, balance, and flexibility through essential fitness movements.

TOO FIT TO QUIT

Tuesday - Thursday

A high-energy cardio workout that boosts endurance, burns calories, and improves overall fitness.

ZUMBA

ZUMBA GOLD

Mondays, Tuesdays, & Thursdays

A fun, high-energy dance workout that blends Latin rhythms with cardio for a full-body burn.

VINTAGE HEAT AEROBICS

(formerly Charged Up! Aerobics)

Mondays, Tuesdays & Thursdays

A fun, choreographed dance class that boosts coordination, balance, and memory.

LINE DANCING

FOLK DANCING

Wednesdays

A fun, social dance class featuring traditional folk steps and line dancing to improve coordination and memory.

TIDEWATER TAI CHI

Mondays & Tuesdays

A gentle, flowing practice that improves balance, flexibility, and inner calm through mindful movement. (additional fees apply)

PILATES

Tuesdays, Thursdays & Fridays

A core-focused workout that builds strength, flexibility, and posture through controlled movements.

BOOT CAMP

Mondays & Wednesdays

A high-intensity, full-body workout that combines strength and cardio for maximum results.

ABS, ABS, ABS

CORE ON THE FLOOR

Mondays & Wednesdays

A targeted workout to strengthen and tone your core muscles.

BALL STABILITY

Fridays

Improve balance, coordination, and core strength using stability ball exercises.

GENTLE YOGA

YIN YOGA

Mondays, Tuesdays & Wednesdays

A calming practice that enhances flexibility, strength, and mental focus.

BINGOCIZE

STARTING MID JANUARY

SPONSORED BY SENTARA

Mondays & Wednesdays

This program combines the game of bingo with inclusive exercises for everyone. Free prizes



COMMUNITY SUPPORT

YOUR SUPPORT MAKES OUR PROGRAMS POSSIBLE!



Primeplus depends on the support of our community partners, members and friends. We are grateful to receive program funding from the City of Norfolk, United Way of South Hampton Roads, Senior Services of Southeastern Virginia, Sentara, E.C. Wareheim Foundation, Norfolk Southern Foundation, Food Lion, Helen Gifford Foundation, Kay & Al Abiouness Foundation, Walmart, Thistle Foundation, Virginia Natural Gas, Costco, Cosmopolitan Club, Neighborhood Assistance Program and YOU!

We're proud to be an approved Neighborhood Assistance Program (NAP) Tax Credit organization, meaning your generous gift can come with valuable tax advantages! Whether you're donating monetary gifts or appreciated stock, your contribution can go even further. If your employer offers a Matching Gift Program, you can double your support to Primeplus with no extra cost to you. Interested in learning more? We'd love to talk with you about how your gift can make a difference.



SUPPORT THE ADVERTISERS that Support our Community!

10 PROGRAM UPDATES

CURBSIDE FOOD PANTRY

EVERY WEDNESDAY
1:00 P.M. - 2:00 P.M.

The parking lot located
at the Titustown
Community Center
7545 Diven St.
Norfolk, VA 23505



ROUND UP TO DONATE

Walmart

1. Visit Walmart.com or the app
2. Sign into your account (or create a new one)
3. Click "Account"
4. Click "Giving & Impact"
5. Click "Select local charity"
6. Enter **Primeplus Senior Center**
7. (May need to click on "remove location filter")
8. Review the Terms of Use & click "Done"

Customers can now round up their totals to the nearest dollar
and have the change donated.
A small thing like rounding up can have a big impact over time.

THANK YOU IN ADVANCE!

You Can Prevent Type 2 Diabetes with the **PreventT2 Program**

One in three U.S. adults has
Prediabetes, yet most don't
know it. Prediabetes means
your blood sugar is higher
than normal but not yet in
the diabetes range,
increasing your risk of
type 2 diabetes, heart
disease, and stroke. To
determine if you're at risk
call **757.625.5857 x104**

AARP Driver Safety Course



February 25th & 26th
9:00 a.m. - 1:00 p.m.

Primeplus Senior Center
Located inside the Titustown Community Center
7545 Diven Street
Norfolk, VA 23505

AARP is offering a 2-Day Driver Safety
Course for adults aged 55 and older.

AARP Members: \$20.00
Non - Members: \$25.00

Please present your AARP card the first day of class to receive the discount!

Call **757.625.5857** and Sign up today!



Seating is limited, and pre-registration is required. Payment (cash or check only) is due on the first day of class.



SMART MONEY INVESTMENT CLUB

**Second Wednesday
of each month**
9:00 - 11:00 a.m.

We're Welcoming New Members!

Join us to explore smart strategies for investing in the stock
market, understand how shifts in the financial markets can
impact your personal budget, and learn ways to navigate
those changes. Stay informed with the latest financial news
presented by a licensed broker from EdwardJones.

Primeplus
SENIOR CENTERS

This Group meets inside the
Titustown Recreation Center
at 7545 Diven St.



Women's Luncheon
Thurs. January 29th @ 12:30PM
Hosted by Michelle Dickerson - Financial Strategist, CEO
of Rhema Financial Solutions Inc.
at Primeplus Senior's Center, Norfolk, VA

**5 Power Moves to
Become the Bank**

for Women



Meet our newest members from October & November!

It's never easy being new to something, so why not take a moment to say "hi" to the
newest members of Primeplus when you meet them. **Membership is \$180/year**
and is open to anyone 50 & better!

Susan Ashley

Ellen Carver

Tim Haycox

Ellie Marasco

Will Redfern

Jeff Sassorossi

Ken Scibelli

Mary Lou Speckheuer

Mary Thorpe

Katy Wilson

Evelyn Barthelmy

Joan Hammer

Rita Kingdon

Lee Neiberger

Friend of Primeplus

Jenny Schott

Linda Smith

Sandra Stutz

Rufe Vanderpool

Linda Zorens

Evette Blount

Jenny Haycox

Marie Mack

Davda Rasik

Gail Rigney

Donna Scibelli

Helmut Speckheuer

Les Thorpe

Sigur Whitaker

THINKING OF DOWNSIZING?

Having a **Seniors Real Estate Specialist**(^{SRES}), who is a Norfolk Native, assisting you when buying or selling a home means a **PRO** on your side. **I have been successfully assisting seniors with housing needs for two decades, since 2005**, managing all aspects of preparing your home for a stress-free transaction while going through years of memories to an easy closing.

"Having an experienced professional REALTOR® like Cindy Caskey on your side, who prioritizes tasks and treats you like family, is a formula that works. We highly recommend Cindy Caskey."

SELLER - NORFOLK



Contact me to talk about your next steps!

Cindy Caskey

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12 WELLNESS CORNER

FRESH STARTS BEGIN HERE: 2026 POP-UP CLASSES

EXPLORE NEW ACTIVITIES, SPARK NEW PASSIONS, AND ENJOY FREE CLASSES ALL SEASON LONG. FREE & BRING A FRIEND.

WEDNESDAY, JAN. 7	WALK TO THE BEAT	12:00 PM
	ZUMBA WITH EARL	12:30 PM
MONDAY, JAN. 12	KNITTING AND QUILTING CIRCLE	10:00 AM
TUESDAY, JAN. 13	KNITTING AND QUILTING CIRCLE	10:00 AM
WEDNESDAY, JAN. 14	POWER OVER PAIN SEATED W/SUZANNE	12:00 PM
WEDNESDAY, JAN. 21	LINE DANCING W/ SHEINA	12:00 PM
WEDNESDAY, JAN. 28	HIPS & ABS W/ SHAWN	12:00 PM
WEDNESDAY, FEB. 4	ARM STRENGTH BUILDING CLASS W/FERE	12:00 PM
WEDNESDAY, FEB. 18	GOLDEN KARAOKE/WALK TO THE BEAT	12:00 PM
WEDNESDAY, FEB. 25	WALKING URBAN POLLING CLASS	12:00 PM

WORKSHOPS & SPECIAL EVENTS

TUESDAY, JANUARY 20TH
MEDICARE Q&A
BRADFORD S. KLAVAN
12:00 PM

MONDAY, FEBRUARY 9TH
FASCIA WORKSHOP
ANGIE
11:00 AM

TUESDAY, FEBRUARY 17TH
MEDICARE Q & A
BRAD KLAVAN,
12:00 PM

THURSDAY, JANUARY 22ND
MEAL PREPPING 101
KIRSTEN ROMERO, MS, RDN
12:00 PM

TUESDAY, FEBRUARY 10TH
DOWNSIZING SEMINAR
THE VILLAGE OF ROSEMONT
11:30 AM

FEBRUARY 25TH & 26TH
AARP DRIVER SAFETY
9:00 - 1:00 PM

TUESDAY, JANUARY 27TH
RECIPE SWAP
9:00 AM
(DURING COFFEE& CHAT)

WEDNESDAY, FEBRUARY 11TH
SPEED FRIENDING
& VISION BOARD
12:00 PM

THURSDAY, MARCH 5TH
SMART STREAMING SESSION
WHRO
11:00 AM

TUESDAY, JANUARY 27TH
BALLON WORKSHOP
VALERIE
11:00 AM

THURSDAY, FEBRUARY 12TH
BREAST CANCER WORKSHOP
SENTARA
12:00 PM

SELF - DEFENSE 101
MARCH 18TH
VA MARTIAL ARTS CENTER
12:00 PM

THURSDAY, JANUARY 29TH
WOMEN FINANCIAL WORKSHOP
RHEMA FINANCIAL SOLUTIONS
12:30 PM

FRIDAY, FEBRUARY 13TH
SENIOR LOVE FEST
CITY OF NORFOLK
12:00 PM

COLON CANCER/NUTRITION
WORKSHOP
MARCH 19TH
SENTARA
12:00 PM





Financial support from Senior Services of Southeastern Virginia makes it possible for PrimePlus Senior Centers to serve seniors of all income levels.

Our qualified and trained staff will work with you to find the best payment options regardless of your financial situation.

PRIMEPLUS CARES

Participants can attend our Zoom meetings on the 1st & 3rd Wednesday of every month at 7 PM

The caregiver support group hosted by Primeplus Senior Centers is open to all caring for a loved one.

This group is a safe space to discuss the stresses, challenges, and rewards of caregiving.

It's simple, just email at cpayton@primeplus.org and we will send you the Zoom Link!



A MESSAGE FROM OUR DIRECTOR AT PRIMEPLUS ADULT DAY SERVICE IN VA BEACH

Dear Families and Friends,

As we reflect on this holiday season, I want to take a moment to express my deepest gratitude to each and every one of you for entrusting the care of your loved ones to us throughout this past year. The stories we've shared and the bonds we've formed are truly priceless, and it's been an honor to be part of your family's journey. The rich life experiences we've been privileged to hear are nothing short of inspiring stories that could fill volumes and truly belong in the pages of history.

It is a gift to spend time with such wonderful families, and to witness firsthand the joy, laughter, and even the quiet moments of reflection that make this work so rewarding.

Our team is deeply touched by the connections they've made with your loved ones. I hear it time and again—the joy and fulfillment they find in learning about the lives, passions, and legacies of those they care for. They speak with such pride about the meaningful relationships they've formed, and the care they provide goes far beyond just service; it's a true calling.



I want to take this opportunity to thank each one of our caregivers, who arrive day after day with unwavering dedication, whether it's in sunshine or rain, to provide exceptional care with warmth, compassion, and respect. Their commitment is the heart and soul of everything we do, and it is because of them that our service is not just a place, but a community. The love and support they give each and every day make our center feel like a family,

and we are so grateful for their selflessness.

Lastly, I want to express my deepest thanks to our incredible staff here at Primeplus at M.E. Cox. Your loyalty, your care, and your constant willingness to go above and beyond to support our mission create an environment that is truly special. The relationships we've built together as colleagues are a testament to how deeply we care, not just for those we serve, but for each other. Working alongside such a dedicated and compassionate team has been one of the greatest joys of my career.

At Primeplus Adult Day Center, we believe in "Caring for Precious Life", ours, yours, and those we are honored to serve. This holiday season, I pray that you all feel the love and gratitude we hold in our hearts for you and your families.

May God bless you all during this joyous season and in the year ahead.

With heartfelt appreciation,

Sandy White, Director
Primeplus @ M.E. Cox



14 GAMES AND PUZZLES

CROSSWORD PUZZLE

ACROSS

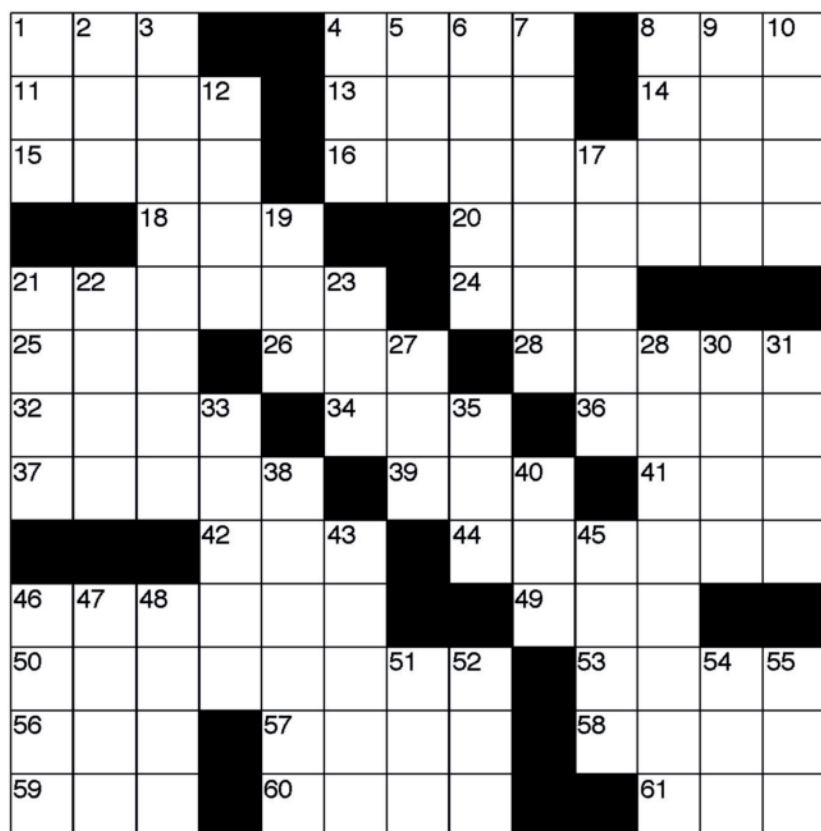
- 1 Carriage
4 Stuff
8 Ten (pref.)
11 Poultry disease
13 Negative
14 Pub fare
15 International (abbr.)
16 Harem
18 Cot
20 Exit
21 Fish whisker
24 Papal court
25 Hole-in-one
26 Abet
28 Snake
32 Daughter of Laban
34 Belonging to (suf.)
36 Antelope
37 Author
39 Sheep's cry
41 Cost, insurance, and freight (abbr.)
42 Month abbr.

- 44 Goal
46 Legal recovery of goods
49 Science class
50 Carp (2 words)
53 Contest
56 Afr. eye-worm
57 Boss on a shield
58 Comfort
59 Social Security Number (abbr.)
60 Sediment
61 Cess

DOWN

- 1 Hindu title
2 Wear
3 Riot
4 Central nervous system (abbr.)
5 Eggs
6 After (Fr.)
7 Scant
8 Dingle
9 Ancient Gr. city
10 Cyclades island
12 Common man
17 Famous
19 Goddess (Lat.)
21 Uncion
22 Scientific name (suf.)
23 Tall tale
27 Drop

- 29 Tug
30 New York canal
31 Float
33 Villain
35 Capture
38 Mournful
40 Mulberry of India
43 Muck
45 Kemo _____
46 Tablespoon (abbr.)
47 Ger. landscape painter
48 Son of Judah
51 Compass direction
52 Laughter sounds
54 Television channel
55 Cowboy's nickname



Riddles:

The More You
Take, The More
You Leave Behind
What am I?

I'm Tall When I'm
Young, And I'm
Short When I'm
Old. What Am I?

What Comes
Once in a Minute,
Twice in a
Moment, But
Never in a
Thousand Years?

Answer:

Footsteps

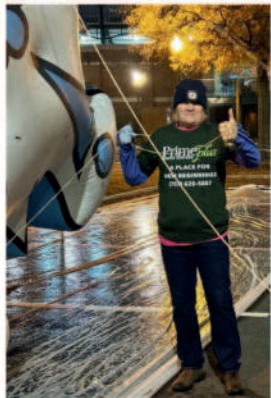
A Candle

letter M



NORFOLK GRAND ILLUMINATION PARADE 15

Special Thanks to our wonderful volunteers!





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Norfolk, VA 23505

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SeniorAdvocate

Active Aging Expo in Norfolk
Feb 13, 2026, 8:30 AM – 12:00 PM
Royster Presbyterian Church
6901 Newport Ave, Norfolk, VA 23505, USA

Join us for this **FREE** half-day Expo
to hear from informative presenters
and educational exhibitors.
Also enjoy continental breakfast
and the chance to win one of
many door prizes!

Register at <https://www.senioradvocate.live/events>



Seniors Valentine's Day Event
Feb 13, 2026 at 12:00 PM
Titustown Community Center
7545 Diven Street Norfolk, VA 23505, USA

Join us for a delightful Valentine's Day
celebration filled with music, food, and
a joyful atmosphere. Experience the
warmth of community as we unite to
embrace the spirit of love.

Space is limited. Pre-registration is mandatory!

Register Online: norfolkfun.norfolk.gov
Contact: (757) 441-1259